

# Harvest of the Month



## Literature Links

- *A Kid's Herb Book*, by Lesley Tierra
- *The Spice Alphabet Book*, by Jerry Pallotta
- *The Yummy Alphabet Book*, by Jerry Pallotta

## Local Highlight

Check out our video about the Humboldt Hydro Farm and the culinary herbs they grow hydroponically, without soil.

[vimeo.com/channels/hcoenutrition](https://vimeo.com/channels/hcoenutrition)

## Video Discussion

What makes Humboldt Hydro Farms different from other farms we see in Harvest of the Month videos?

How do the plants get the nutrients they need to grow?

What are some other culinary herbs we can use in food?



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services



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## HERBS



Spanish: las hierbas

Hmong: txuj lom los ntawm lub vaj

### History

Herbs are plants with chemical compounds that give them strong aromas and/or flavors. Some of the compounds also have medicinal uses. Because of these characteristics, cultures around the world have used herbs in cooking and as medicine for thousands of years!

Culinary herbs, or herbs used in cooking, are extremely diverse. There are even many types of basil used in different cuisines. Sweet basil is common in Italian food, while Thai basil and lemon basil are used in South East Asia, and holy basil, or Tulsi is revered by the Hindus.



### Nutrition Power

Herbs are an excellent source of antioxidants and essential oils.



**Antioxidants and Essential Oils** help your body fight against germs and keep your cells healthy!

### Did You Know?

- When we talk about culinary herbs and spices, “herbs” refer to the leaves and flowering parts of plants, while spices come from fruits, seeds, bark, and roots.
- Basil’s flavor spans from sweet to spicy to citrusy, depending on the variety. Its leaves can be green, deep red, or purple.
- Peppermint and spearmint are used for their scent and flavor. They contain menthol, which supports digestion.
- Many of our present-day medicines are made directly from plants or by mimicking plant compounds.

